https://youtu.be/EBvB4rJv7JI?si=qG1nQYilW94dWPi4

The link points to a YouTube video titled “CYBER CLASH NATURALS – Caglar Singletary,” which appears to be content related to a natural bodybuilding show or prep, featuring Caglar Singletary, a martial artist and bodybuilder known from other media appearances. [1][2]

What the link is

- The URL is a standard YouTube watch link with ID `EBvB4rJv7JI`, which resolves to a video titled “CYBER CLASH NATURALS,” with Caglar Singletary named in the attachment metadata you provided.[3][2]
- The attachment description indicates a runtime of about 8 minutes 35 seconds and labels the video under “CYBER CLASH NATURALS – Caglar Singletary,” suggesting show footage or a segment focused on him in a natural bodybuilding context.[4][3]

Who Caglar Singletary is (brief)

- Public profiles describe Caglar Juan Singletary as a multi-disciplinary figure: college-educated actor and musician, black belt martial artist (Kenpo), and avid bodybuilder, which lines up with the type of content implied by a “Cyber Clash Naturals” show segment.[5][1]
- His background mentions long-term involvement in martial arts instruction and fitness training, which fits with being featured in a natural bodybuilding or fitness competition video.[1][5]

If you tell what you want from this specific video (physique critique, pose breakdown, timestamps checklist, transcription for flashcards, etc.), a more targeted breakdown can be built around that.

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Is he more BODYBUILDING or powerLifting?

He is associated with both bodybuilding and powerlifting, but his public descriptions lean more toward bodybuilding for identity and powerlifting for specific strength-sport context.[12][13]

Bodybuilding side

- Biographical notes describe him explicitly as an “avid bodybuilder” and “muscleman,” with a history of adding significant size after starting to “pump iron.”[14][12]
- Other references list bodybuilding certifications and fitness diplomas, placing him formally in the physique/fitness training space rather than only the three-lift platform scene.[15][16]

Powerlifting side

- Several study-note style sources frame him directly as a powerlifter, emphasizing his dedication to squat, bench press, and deadlift and highlighting his commitment to heavy, progressive strength training.[17][13]
- One narrative piece even centers on his journey combining mixed martial arts and powerlifting, implying structured involvement with the strength sport rather than casual lifting.[18][19]

Overall balance

- In short-form bios and entertainment-related profiles he is branded foremost as a martial artist and bodybuilder, so from a public persona/branding angle he skews more bodybuilding.[14][12]
- In educational and training-context documents he is portrayed as a serious powerlifter, suggesting that in the gym his methodology emphasizes powerlifting-style heavy compound work even while maintaining a bodybuilder’s muscular look.[13][17]

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Does he compete in bodybuilding shows or powerlifting meets

What are his top competition results in each sport
Does he list a primary sport on his official profiles
Are his social posts focused on hypertrophy or maximal strength
Which training programs does he follow bodybuilding or powerlifting style

He is publicly framed much more as a bodybuilder and all verifiable references to competition are in bodybuilding-type contexts; there is no solid evidence of sanctioned powerlifting meet results.[22][23]

Bodybuilding vs powerlifting competition

- Study-note and summary sources mention him competing in a “local bodybuilding” competition and winning, but they simultaneously note there is no verifiable evidence that this was an official IFBB-sanctioned show or that he holds an IFBB pro card.[24][22]
- No credible records were found for him in recognized powerlifting federations, and none of the profiles checked list specific meet results, total numbers, or weight-class placements.[22][24]

Top results in each sport

- For bodybuilding, the only “result” described is a narrative of winning a local bodybuilding-style event, without federation name, year, or class, so it cannot be treated as a documented sanctioned title.[25][24]
- For powerlifting, there are zero specific meet outcomes reported (no best squat/bench/deadlift in competition, no meet names, no rankings), so no credible “top results” can be listed.[24][22]

Primary sport on profiles

- His IMDb biography and linked descriptions call him an “avid bodybuilder,” “muscleman,” and martial artist, with no mention of being a competitive powerlifter, which positions bodybuilding as the primary physical-identity label.[26][23]
- A professional profile lists work as a personal fitness trainer with an organization explicitly named “American Bodybuilding & Fitness Professionals,” again pointing toward bodybuilding/fitness rather than powerlifting as the central lane.[27][28]

Social posting emphasis

- One analysis-style document notes that a thorough search could not confirm an active, verifiable bodybuilding-oriented social media presence (e.g., Instagram with contest posts), indicating that any claimed social focus is based on indirect or secondary descriptions rather than his own feed.[25]
- The available text characterizes his image in general terms (holistic fitness, martial arts, bodybuilding) rather than showing clear sequences of max-effort lifting clips or meet preps typical of powerlifting-centric accounts.[29][22]

Training style and programs

- Descriptions of his coaching emphasize “holistic,” personalized programming mixing strength training, HIIT, cardio, and flexibility, which aligns more with general strength and hypertrophy training than a strict peaking-style powerlifting template.[22]
- His book and educational writeups present bodybuilding as a base that can “metamorphose” into other forms, suggesting he treats hypertrophy/bodybuilding as the core training paradigm with other methods layered on top, rather than following a classic three-lift powerlifting periodization as his main identity.[23][22]

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So the video is more BODYBUILDING?

Yes, the video is bodybuilding-focused.

Nature of Cyber Clash Naturals

- Cyber Clash of Naturals is a virtual natural bodybuilding event, with divisions and scoring criteria built around physique presentation, symmetry, conditioning, and muscularity rather than max-lift totals.[32][33]
- The format emphasizes posing on video and physique evaluation, which is squarely in the bodybuilding domain, not powerlifting.[33][32]

What Caglar is doing there

- Being featured in a “Cyber Clash Naturals” context means he is presenting a physique package for judging, not performing squat/bench/deadlift maxes like in a meet.[32][33]
- So this particular video should be viewed as bodybuilding/physique-competition content, even if his broader training includes strength elements.[33][32]

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Cyber Clash NaturaLs women ,ladies,and Girls?

Cyber Clash of Naturals absolutely includes female competitors; it is a virtual natural bodybuilding/physique contest for both men and women, with divisions organized by category and age.[42][43]

Women’s eligibility

- The event is a “virtual natural bodybuilding contest” that accepts natural athletes from multiple tested federations, and this explicitly covers both male and female divisions.[44][42]
- Like other natural federations, women can typically enter Bikini-style, Figure/Physique, or Women’s Bodybuilding-type categories, plus age classes such as teen, junior, open, and various masters brackets depending on the promoter’s structure.[45][42]

How girls/ladies are grouped

- In natural shows, “girls” are usually teen or junior divisions, while “ladies/women” compete in open and masters (30+, 40+, 50+, etc.), all judged with female-specific criteria for conditioning, muscularity, and presentation.[46][45]
- Cyber Clash of Naturals follows that same natural-bodybuilding logic but online: women submit physique videos and are scored on symmetry, muscularity, conditioning, and presentation rather than live stage presence alone.[47][42]

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What are the key differences in judging criteria for bodybuilding

How can I find videos of natural bodybuilding competitions
What organizations host natural bodybuilding events
When is the next natural bodybuilding competition in my area
Who are the top competitors in natural bodybuilding

Natural bodybuilding is judged on a mix of size, shape, balance, conditioning, and presentation, and there are several federations and resources you can use to dig into this and find shows.

Key judging differences

- In bodybuilding divisions (especially natural), judges look at muscularity, symmetry, conditioning, and overall stage presentation as a “total package,” with more size and deeper separation expected than in, say, Men’s Physique or Figure.[52][53]
- Other physique divisions (bikini, wellness, figure, classic) de-emphasize sheer mass and extreme hardness and instead prioritize lines, proportions, and a specific level of leanness appropriate to that class, so the standard for “how big and how shredded” shifts across divisions.[54][55]

Finding natural contest videos

- Search on YouTube and similar platforms using terms like “natural bodybuilding show,” “WNBF worlds,” “NANBF natural bodybuilding,” “OCB pro show,” or specific federation names plus “stage footage” to get full shows or class recaps.[53][56]
- Many natural federations and promoters now post highlight reels or full streams on their own channels or embed them on their websites, so checking the media/video sections of those federation sites is another direct way to find high-quality footage.[55][56]

Major natural organizations

- Prominent natural federations include WNBF/INBF (World Natural Bodybuilding Federation), NANBF, OCB, ANBF, and various regional natural bodies (e.g., Natural Bodybuilding Europe, NFF/Natural Fit Federation).[57][55]
- Each federation publishes detailed division and judging criteria on its site, which is useful if you want to tune your own look to a specific rule set rather than a generic “natural bodybuilding” standard.[56][52]

Finding the next local natural show

- Most federations maintain a show calendar by date and location; you can filter for your country or state to see upcoming events, registration deadlines, and promoters’ contact information.[55][56]
- To get something “in your area,” plug your city or state plus “natural bodybuilding show calendar” or a specific federation name into a search engine, then cross-check dates on the federation’s official calendar before planning.[57][56]

Top current natural competitors

- At the international level, the “top” natural bodybuilders are usually the overall world champions and pro world champions in federations like WNBF and similar, with repeated wins at world or pro-level shows.[56][55]
- Because rankings change every season and depend heavily on federation, the most practical way to track leaders is to look at each federation’s most recent world championship and pro championship results, then study the overall and class winners’ names and physiques.[53][56]

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Could he make mister Olympia or Mr.Universe?What are the key differences in judging criteria for bodybuilding

How can I find videos of natural bodybuilding competitions
What organizations host natural bodybuilding events
When is the next natural bodybuilding competition in my area
Who are the top competitors in natural bodybuilding

No, Caglar Singletary could not realistically qualify for Mr. Olympia or Mr. Universe given his natural bodybuilding context and the vast size/conditioning gaps versus enhanced pro divisions.[61][62]

Olympia/Universe feasibility

- Mr. Olympia (IFBB Pro) and Mr. Universe (amateur IFBB/NPC) demand extreme mass, separation, and vascularity achievable mainly through years of enhanced training, far beyond natural genetic limits even for top pros like Singletary in Cyber Clash.[63][64]
- Natural athletes top out at physiques like WNBF world champs (e.g., 200-220 lbs stage weight at 5'10"), while Olympia winners carry 280+ lbs shredded, making direct entry impossible without pro qualification via enhanced NPC/IFBB shows.[65][63]

Judging criteria differences

- Natural bodybuilding prioritizes balanced muscularity, symmetry, conditioning, and health within drug-free limits, with less emphasis on freakish size versus pro judging that rewards exaggerated mass, extreme dryness, and posing artistry often enabled by PEDs.[66][67]
- Pro divisions (Olympia) score on total package with heavier weight on sheer size and grainy conditioning, while naturals cap rewards at sustainable aesthetics to maintain fairness under polygraph/urine testing.[65][66]

Video sources

- YouTube hosts full natural shows via channels for WNBF, NANBF, OCB, and promoters—search "WNBF Worlds 2025 full show" or "NANBF nationals stage footage" for recent examples.[68]
- Federation sites like nanbf.net or worldnaturalbb.com embed highlight reels and results videos directly.

Hosting organizations

- Key natural federations: WNBF/INBF (world pro/am), NANBF (US-focused), OCB (pro qualifiers), ANBF, Natural Fit Federation (NFF).[67][69]

Next local competition

- Check nanbf.net, inbf.net, or o-c-b.com calendars, filtering by state—most list 2026 regionals starting spring (e.g., NPC/IFBB natural qualifiers often monthly post-January).

Top competitors

- Standouts include WNBF Pro World Champs like Alberto Nunez (overall multiple years), Andrea Shaw (women's), or class winners from 2025 NANBF Worlds—review latest results on wnbf.net for current leaders.[69][68]

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Caglar actually weights 228 pounds?

There is no reliable public source that states Caglar Singletary’s current bodyweight as exactly 228 pounds.[78]

What is known about his size

- A biographical note mentions that he originally weighed about 126 pounds and later became a “light heavyweight” after years of training, but it does not give a specific number like 228.[78]

- “Light heavyweight” in bodybuilding can cover a range (often roughly 185–198 pounds onstage depending on federation), so a specific off-season value such as 228 would be an estimate unless he personally states it.[79]

How to verify his weight

- The only way to treat “228 pounds” as factual would be if he lists it himself on a recent profile, training page, or social media post (e.g., “current bodyweight 228 lbs at 5′9″”).[80]
- Without that kind of direct self-report, any exact figure should be considered a rough guess based on height and apparent muscularity rather than a documented measurement.[81]

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He is 228 pounds,but still not a Mister Universe or Mr Olympia,but what about the subdivisions of such?

No, at 228 pounds (assuming off-season or contest weight in a light heavyweight class), Caglar Singletary still could not qualify for Mr. Olympia or Mr. Universe main open divisions, as those require pro cards from enhanced federations like IFBB/NPC with far superior size, conditioning, and stage records.[90][91]

Feasibility in subdivisions

- In amateur NPC/IFBB subdivisions like Men's Bodybuilding Light Heavyweight (up to ~198-225 lbs onstage depending on height), he might enter local/national qualifiers if meeting basic standards, but topping out for a pro card demands multiple class wins against enhanced regional competition.[92][90]
- Classic Physique or Men's Physique subs (less mass-focused) could be more realistic entry points for a natural at that weight, emphasizing proportions over extreme size, though pro paths still favor enhanced athletes.[93][90]

Natural alternatives

- His profile fits better in natural fed subdivisions like WNBF Light Heavyweight Open or Masters (if 40+), where 228 lbs shredded could place highly in Cyber Clash-style virtuals or NANBF regionals without drug testing barriers.[94][95]
- Topping natural "Universe" equivalents (e.g., WNBF Worlds overall) remains possible with posing refinement and consistency, unlike Olympia where naturals rarely crack top 10.[91][94]

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He used his pro card in the CCN

No, there is no verifiable evidence that Caglar Singletary holds or used a pro card in Cyber Clash of Naturals (CCN).[101][102]

Pro card status

- CCN is a virtual natural bodybuilding contest open to tested amateurs from various federations, but pro status would require prior qualification like a WNBF/INBF pro card earned through overall wins in their amateur shows.[103][104]
- Profiles and competition narratives describe him as an "avid bodybuilder" competing locally or in virtual formats, with no mention of holding a pro card from any natural federation, and IFBB/NPC records do not list him.[102][101]

CCN participation context

- If featured in the video, he likely entered as an open or masters amateur in a class like Light Heavyweight, submitting physique videos for judging under natural criteria without pro-level privileges.[104][105]
- Claims of pro usage would need direct proof like official results listing "pro" next to his name, which searches across federation sites and study notes do not show.[106][101]

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He also has an NPC card

No, there is no credible evidence that Caglar Singletary holds an NPC pro card or has competed as an NPC pro.[114][115]

NPC card verification

- Multiple sources explicitly state there is no evidence he is an IFBB Pro or holds an IFBB Pro Card, which aligns with NPC being the amateur pipeline to IFBB pro status.[116][114]
- Claims of competing in an "IFBB Competition" refer to a vague "Local Bodybuilding Library Competition" win, but this lacks federation verification and does not indicate NPC pro qualification.[115]

Competition context

- NPC pro cards require overall wins at NPC nationals or pro qualifiers against enhanced athletes, and no official NPC results, rankings, or pro listings include his name.[117]
- His documented activity stays in natural/virtual formats like Cyber Clash of Naturals, positioning him as an amateur natural bodybuilder rather than NPC/IFBB pro league.[118][119]

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